



Oct 2017

On The Beat

Incorp.
1985



 www.hearttoheartalberta.com 

This newsletter is published three times a year by the Heart to Heart Support Society and is designed to help provide support, encouragement and comradeship to individuals, their partners, family and friends. It is a non-profit organization incorporated under The Societies Act of the Province of Alberta.

Meetings are held on the third Wednesday of each month, (except for June, July & Aug), in the RCL Centennial Legion. Location: 9202 Horton RD SW. Luncheon meetings at 11:30am. Membership is open to anyone who is interested in cardiovascular disease.

Sorry we missed you! If you would like more information about our support group, contact:

Volunteer:

Phone #: ()

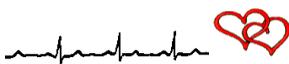
Announcement

We are now **accepting nominations** for the executive to fill in vacant positions and would welcome members to step in and act as support to various members of the executive. None of us are getting any younger and many hands make work lighter?

CHRISTMAS luncheon 2017

December 13 - 11:30am @RCL Centennial Legion

For tickets call: **Mary** (403)243-1882 or **Elvin** (403) 239-4850



Heart to Heart

Officers, Directors & Appointees 2017

President _____	Elvin Dorscher -----	403-239-4850
Vice President _____	(vacant)	xxx-xxx-xxxx
Past President _____	Tony Schlee-----	403-241-5119
Treasurer _____	Jim Dugan	403-208-8285
Secretary _____	Bill Diprose -----	403-235-5534
Membership _____	Bernie Nemeth	403-289-7479
Casino Coordinator _____	Bill Andrietz -----	403-503-0888
Phone Committee _____	Doreen Farnum	403-249-5770
Guest Speakers _____	(vacant) -----	xxx-xxx-xxxx
Woman to Woman _____	Charlotte Frankish	403-242-2172
Phoenix Club _____	Tony Schlee-----	403-241-5119
Social Convenor _____	Mary Figley	403-243-1882
Newsletter Editor _____	Tony Schlee -----	403-241-5119

Visitations @ Calgary Hospitals

Rocky View _____	Jean-Paul Maillot -----	403-278-6087
South Health _____	Jean-Paul Maillot	403-278-6087
Peter Lougheed _____	(vacant) -----	xxx-xxx-xxxx
Foothills _____	David Stonehouse	403-606-0412
TCRRR* Liaison _____	Amanda McBride -----	403-781-4728
Joys & Concerns _____	Colleen Dorscher -----	403-239-4850

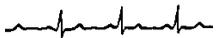
* Total Cardiology Rehabilitation and Risk Reduction

www.hearttoheartalberta.com

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- To offer encouragement and support to individuals with heart disease
 - To assist their partners, families and friends
 - To educate the public to the risks of heart disease
- To visit with patients while in hospital and after discharge to help them and their families cope with lifestyle changes



MESSAGE FROM THE PRESIDENT –

Hope you had an opportunity to enjoy one of the best summers we have had in a long time! We had our first board meeting and general membership gathering in September, after our summer break. Our guest speaker for the event was retired CPS officer volunteers, they gave a very interesting and enlighten presentation on Counterfeit and Internet Scams.

We received the approval from the Alberta Gaming and Liquor Commission for the distributing of the funds, from our last casino, to various units of Heart facilities in Calgary and Drumheller. Our **Drumheller** Heart to Heart Support Society members graciously helped in the running of that casino. We will be presenting a cheque to the Calgary Health Trust at our October 18 meeting, for them to handle the distributing of the funds.

A big thank you to the Drumheller Heart to Heart members and all out of town members that helped out with that casino.

Cheers

Elvin Dorscher
(403) 239-4850
E-Mail: elcoll@telus.net

Statistically, 6 out of 7
dwarfs are not Happy.

My neighbour knocked on my
door at 2:30 a m. Can you
believe that...2:30 a m?

Lucky for him I was still up
practicing my Bagpipe.



I was at an ATM
yesterday. A little old lady
asked if I could check her
balance, so I pushed her over.

The children had all been
photographed, and the teacher was
trying to persuade them each to buy a
copy of the group picture.

'Just think how nice it will be to look at
it when you are all grown up and say,
'There's Jennifer, she's a lawyer,' or
'That's Michael, He's a doctor.'

A small voice at the back of the room
rang out, 'And there's the teacher, she's
dead.'



19 Newfies go to the
cinema, the ticket
lady asks "Why so
many of you?"

Buddy replies, "The
film said 18 or over."

Fishing for Improved Recovery

Omega-3 fatty acids from fish oil may aid healing after heart attack

Giving heart attack patients a high dose of omega-3 fatty acids from fish oil, daily for six months after a heart attack, improved the function of the heart and reduced scarring in the undamaged muscle, according to new research in the American Heart Association's journal *Circulation*. The heart's shape and function can be altered after a heart attack, a condition known as post-heart attack remodelling. It is linked with poor patient outcomes and could lead to heart failure. Therapies that can improve healing of the heart or prevent adverse remodelling remain scarce. A previous study found that omega-3 fatty acids from fish oil were associated with improved survival for heart attack patients, but the role of omega-3 fatty acids in improving the structure and tissue of the heart in patients receiving current guideline-based therapy after a heart attack was unknown.

In the new OMEGA-REMODEL randomized clinical trial, researchers found compared to those taking a placebo, patients taking a dose of 4 grams of omega-3 fatty acids daily for six months: experienced a 5.8 percent reduction in left ventricular end-systolic volume index, which is a clinical marker that can predict patient outcome after a heart attack; and had a 5.6 percent reduction in a measurement of scarred connective tissue formation in the undamaged heart muscle.

"Heart failure is still a major problem after a heart attack despite all the therapy we have and the advances in interventional care," said Raymond Y. Kwong, M.D., M.P.H., senior author of the study and director of Cardiac Magnetic Resonance Imaging, Brigham and Women's Hospital and an associate professor of medicine at Harvard Medical School in Boston, Massachusetts. "Our findings show that omega-3 fatty acids are a safe and effective treatment in improving cardiac remodelling, so it may be promising in reducing the incidence of heart failure or death, which are still major healthcare burdens to patients who suffer a heart attack."

Researchers said these results suggest that omega-3 fatty acids allow the heart to contract better and also reduces the scarring in the region that is not damaged.

The researchers also observed a reduction in biomarkers for inflammation, suggesting that omega-3 fatty acids have some anti-inflammatory properties.

Source: [American Heart Association News](#)

Did you know? **OMEGA-3 is good for your heart**

A huge, sweeping review study on the effect of Omega-3s provides evidence that the omega-3s in fish oil supplements and fish will greatly improve your cardiovascular health

American Journal of Clinical Nutrition -- <http://ajcn.nutrition.org/content/84/1/5.short>



Heart to Heart (H2H) **BLOG** (part 2)

The past 30-plus years (1985 to 2017):

**Heart to Heart (H2H) Support Society membership began with a dozen-plus members. Over the years the membership grew to in excess of 230-plus members. However; as years progressed, so did the ages of our members and as such a number of members are no longer with us. Our membership currently stands at approximately 110-plus members.

**During the 1990, we established Heart to Heart Chapters in five other cities in southern Alberta. Currently, we have one Chapter; Drumheller. The others Chapters have closed due to aging membership and aged-members relocating to senior's lodges and nursing homes.

**During the life of H2H (1985 – 2017) and today; we continue to do Hospital visitations wherein we provide information to patients that have heart surgery and other heart related procedures.

**Over the years, the membership has been privileged to listen to a multitude of speakers on many diverse topics and subjects at our monthly meetings. Additionally, at monthly meetings and special functions the membership has enjoyed many diverse entertainers, music and dancing. We are a fun-loving group.

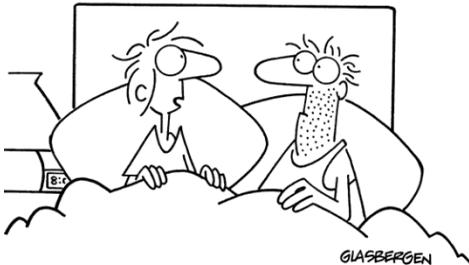
**During the years 1990's and early 2000; every June and every September, the members would attend a BBQ and corn-cook- outs in Fish-Creek Park. Lots of hamburgers with all the fixings and corn-on- the-cob.

In addition to the Societies News-Letter, please visit our website:

www.hearttoheartalberta.com

More information to follow in the next blog.

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www.glasbergen.com



"I was going to wake up early to go jogging,
but my toes voted against me 10 to 1."

Inside every older person is a younger person wondering ... *"What the hell happened?!"*

An elderly couple are sitting on their porch enjoying a warm evening. Walter says, "In the moonlight your teeth look just like pearls."

Elsie says, "Who's Pearl, and what were you doing in the moonlight with her??!!"



Lettuce fish tacos

These tacos make a refreshing light dinner. For an added kick be sure to add a pinch of cayenne pepper to the chili powder.

2 large Boston lettuce leaves
2 small yellow fleshed potatoes
(about 8 oz/227 g)
1/4 cup (50 mL) shredded carrot
1/2 tsp (2 mL) chili powder
2 lime wedges

8 oz (227 g) haddock loins or fillets
Half red bell pepper, thinly sliced
2 tbsp (25 mL) 0% plain Greek yogurt
2 tbsp (25 mL) 0% plain Greek yogurt
1 tbsp (15 mL) chopped fresh parsley
Pinch cayenne pepper (optional)
Chopped fresh chives (optional)

Directions (serves 2 | 30 min)

- 1) In a small bowl, stir together oil and chili powder. Toss haddock with oil mixture to coat and place on small baking sheet. Bake in 425° F (220° C) oven for about 10 minutes or until fish flakes when tested.
- 2) Meanwhile, prick potatoes all around with a fork. Microwave for about 5 minutes or until fork tender. Let cool slightly.
- 3) Wrap haddock in lettuce and sprinkle with red pepper, carrot and parsley. Squeeze lime wedge over top. Serve with potato cut in half and topped with yogurt and chives, if using.

Per Serving (1 of 2): 231 calories, 25g protein, 3g total fat (0g saturated fat, 65mg Cholesterol), 106mg sodium, 24g carbohydrates (3g fibre, 4g total sugars, 0g added sugars), 938mg Potassium.

Is Fat Good for Us or Bad? Yes.

Some fat is good for us, some is bad. Here's the skinny on fats.

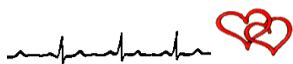
Plural, please.

First, there are three kinds of dietary fat — unsaturated, saturated and trans fat. Each has different effects on our bodies. If you want to eat healthy, think in terms of “*love it, limit it, or lose it.*”

Unsaturated fat: LOVE IT

There are two kinds of unsaturated fat — polyunsaturated and monounsaturated. Dietary fats and oils usually contain a mixture of polyunsaturated, monounsaturated and saturated fats. Fats and oils with higher amounts of unsaturated fat are typically liquid at room temperature and start to turn solid when chilled. Corn oil is an example of a primarily polyunsaturated fat, and olive oil is an example of a primarily monounsaturated fat.

Unsaturated fats can help reduce bad (LDL) cholesterol and triglyceride levels in your blood and lower your risk of heart disease and stroke. They also provide nutrients to help develop and maintain your body's cells. Oils rich in unsaturated fats provide vitamin E, an antioxidant vitamin most of us need more of.



Polyunsaturated fat also provides essential omega-6 and omega-3 fatty acids that your body needs but can't produce on its own. These you must get through food. Omega-6 and omega-3 fatty acids are important for many functions in your body and brain.

Unsaturated fats are mainly found in these foods: liquid vegetable oils such as canola, corn, olive, peanut, safflower, soybean and sunflower; nuts such as almonds, cashews, hazelnuts, peanuts, pecans, pistachios and walnuts; fish such as salmon, trout and herring; and avocados. Avocados are a delicious and colorful way to add unsaturated fat to a meal and are very versatile.

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating plan.

Saturated fat: *LIMIT IT*

Saturated fat is typically solid at room temperature, like butter or cheese or the fat on beef. Most saturated fat comes from animal products such as lard, fatty beef, lamb, pork, poultry with skin, butter, cream, cheese and other dairy products made from whole or 2 percent milk.

Saturated fat increases bad (LDL) cholesterol. Your liver produces more cholesterol when you eat a diet high in sat fat — not a good thing. For people who need to lower their cholesterol, the American Heart Association recommends reducing saturated fat to no more than 5 percent to 6 percent of total daily calories. For example, a person on a 2,000-calorie-a-day eating plan should eat no more than 120 calories or 13 grams of saturated fat per day.

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Stay active during the winter months

Living in Calgary, we are used to cold weather during the winter months. So it is likely that you have a majority of the clothing you will want to wear when riding your bike or spending some time outdoors in the winter. Below are some clothing suggestions.

Layering up: There are a variety of clothing options for winter cycling/walking, depending on your level of comfort. We have cold dark mornings, warm afternoons, and cool evenings. Dressing in layers allows you to adjust your clothing depending on the temperature

First layer:

Should be against your skin. Consider a thin, moisture wicking layer to soak up any sweat and keep your body dry on your ride. Shirts and leggings made of merino wool are a good option.

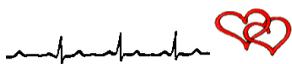
Second layer:

Something breathable and warm. Fleece, a light down jacket or a wool sweater or vest will keep your upper body warm, and a pair of leggings or comfortable pants will work for your lower body.

Third layer:

It is windy in Calgary, so you will want to wear a jacket to block the wind. A pair of shell pants will keep dress pants or tights dry, while repelling snow and slush from the road.

For more information you can visit: www.calgary.ca



Eating More **Whole Grains** Linked with Lower Risk of Death

Eating at least three servings of whole grains every day could lower your risk of death, according to new research in the American Heart Association's journal *Circulation*. Although dietary guidelines around the world have included whole grains as an essential component of healthy eating patterns, people



aren't eating enough, according to the analysis. In the United States, average consumption remains below one serving a day, despite the long-time recommendation of three servings a day.

In the first meta-analysis review of studies reporting associations between whole grain consumption and death, researchers noted that for about every serving (16 grams) of whole grains there was a:

- 7 percent decreased risk in total deaths;
- 9 percent decline in cardiovascular disease-related deaths; and
- 5 percent decline in cancer-related deaths.

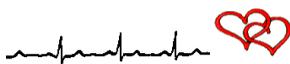
The more whole grains consumed, the lower the death rate. According to researchers, when three servings (48 grams) were consumed daily the rates declined:

- 20 percent for total deaths;
- 25 percent for cardiovascular deaths; and
- 14 percent for cancer-related deaths.

"Previous studies have suggested an association with consumption of whole grains and reduced risk of developing a multitude of chronic diseases that are among the top causes of deaths, although data linking whole grain intake and mortality were less consistent," said Qi Sun, M.D., Sc.D., senior author of the study and assistant professor at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts. "These findings lend further support to the U.S. government's current Dietary Guidelines for Americans, which suggest higher consumption of whole grains to facilitate disease prevention."

Whole grains, such as whole wheat, oats and brown rice, contain dietary fiber, which may help improve blood cholesterol levels, and lower the risk of heart disease, stroke, obesity and Type 2 diabetes. Dietary fiber can also make you feel full longer, so you may eat fewer calories.

Sun noted that low-carbohydrate diets that ignore the health benefits of whole grains foods "should be adopted with caution," as they may be linked to higher cardiovascular risk and mortality.



“Based on the solid evidence from this meta-analysis and numerous previous studies that collectively document beneficial effects of whole grains, I think healthcare providers should unanimously recommend whole grain consumption to the general population as well as to patients with certain diseases to help achieve better health and perhaps reduce death,” Sun said.

The American Heart Association recommends a heart-healthy dietary pattern emphasizing fruits, vegetables, whole grains and other nutritious foods and specifically that at least half of grain consumption should be whole grains. Whole grains provide many nutrients, such as fiber, B vitamins, and minerals, which are removed during the refining process.

Source: [American Heart Association News](#)

Quinoa stuffed Portobello's

This colourful side dish can be served up as a main for your vegetarian guests. Make the quinoa mixture ahead so it's an easy stuffing process that needs to be done for your holiday dinner.



8 Portobello mushroom caps
1 vine ripened tomato, chopped
1/2 cup (125 mL) frozen soy beans
(edamame)
1/4 cup (50 mL) hummus
1 tbsp (15 mL) canola oil

1/3 cup (75 mL) quinoa
2 cloves garlic, minced
3/4 cup (175 mL) sodium reduced
vegetable broth
2 tbsp (25 mL) chopped fresh parsley
1 tsp (5 mL) Italian herb seasoning

Directions (serves 6 | 40min)

- 1)** Remove stems from portobellos and discard. Scrape out dark gills from mushroom caps and discard. Place 6 of the mushrooms onto small parchment paper lined baking sheet; set aside. Chop remaining 2 mushrooms.
- 2)** In a small non-stick skillet heat oil over medium heat. Cook chopped mushrooms, garlic and Italian herb seasoning for about 5 minutes or until softened. Stir in quinoa and broth. Bring to a simmer. Cover and reduce heat. Cook for about 15 minutes or until quinoa is tender. Stir in soy beans, tomato and parsley. Cover and let stand for 2 minutes. Stir in hummus to combine.
- 3)** Roast mushroom caps in 400° F (200°C) oven for 5 minutes. Lift the caps to drain liquid. Spoon quinoa mixture into par cooked mushroom caps. Return to oven for 5 minutes or until mushrooms are tender.

Vegetarian main: 3 servings. 2 Stuffed Mushrooms /serving

Per Serving (1 mushroom cap): 121 calories, 6g protein, 5g total fat (1g saturated fat, 0mg Cholesterol), 103mg sodium, 16g carbohydrates (5g fibre, 3g total sugars, 0g added sugars), 534mg Potassium.



Is Fat Good for Us or Bad? **Yes.**

...continued from page 6

Trans fat: LOSE IT

Artificial trans fats (or trans fatty acids) do not occur naturally. They are manufactured by adding hydrogen to liquid vegetable oils in an industrial process that makes the oil more solid. Partially hydrogenated oils are the primary dietary source of artificially-produced trans fat. Trans fat is found in many commercially fried foods and baked goods such as doughnuts, pastries, pizza dough, cakes, pie crust, cookies, crackers, as well as stick margarines and other spreads.

Trans fat became controversial in the 1990s when researchers found evidence that it had adverse health effects.

For many years, trans fat was a boon for food manufacturers because it is easy to use, inexpensive to produce, and lasts a long time, which increases the shelf life of products. It also can alter a food's taste and texture. Many restaurants and fast-food outlets have used oils with trans fat to deep-fry foods because it can be used over and over in commercial fryers.

Trans fat became controversial in the 1990s when researchers found evidence that it had adverse health effects. Trans fat raises bad (LDL) cholesterol levels, increasing the risk of heart disease. Trans fat is also associated with a higher risk of developing Type 2 diabetes.

In June 2015, the FDA announced their determination that partially hydrogenated oils (PHOs) are no longer “generally recognized as safe” in human food. This means there is no safe level that can be consumed. Food manufacturers were given three years to remove PHOs from products. Many companies have been working to remove them more quickly.

The American Heart Association recommends avoiding artificial trans fat and PHOs in your diet.

You can check the amount of trans fat in packaged foods by reading the Nutrition Facts information and ingredients. If the amount of trans fat per serving is less than 0.5 grams, the label may state 0 g, so be sure to check the ingredients list for “partially hydrogenated oil.”

Putting it all *TOGETHER*

- Replace saturated and trans fats with unsaturated fats as part of a healthy eating pattern.
- When eating out, ask what kind of fat or oil foods are cooked in. Request unsaturated fats when possible.
- Choose healthier, mostly unsaturated vegetable oils for cooking and preparing foods at home.
- If you eat meat, choose lean and extra-lean cuts and remove visible fat and poultry skin.
- Use healthier cooking methods that don't add saturated fat, like roasting, grilling, steaming or baking.
- Choose fat-free (skim) or low-fat (1%) milk, yogurt and dairy products.

[Fall 2017](#) heart insight



Two Special Support Groups

Woman to Woman

This is a special interest group addressing the specific concerns of women with heart disease. An active lifestyle is also part of their emphasis. This group is organized and operates under the parent society in consort with the Canadian Council of Cardiovascular Nurses.

Meetings are held on the first Tuesday of each month, 4:00PM

www.womenscardiacsupport.org

For more information contact:
info.womantowoman@gmail.com

Phoenix Club

This is a special interest group for the younger men with heart disease who meet to discuss: career, family, exercise, lifestyle changes and contemporary issues in a supportive environment.

They meet once a month on the 2nd Wednesday at different locations

Please call or text:
Tony at (403) 615-2662

For location,
time and attendance confirmation,
and more information.

VISITOR VOLUNTEERS WANTED

We need volunteers to visit Cardiac patients at all of the four hospitals.

Rocky View hospital – Please contact Jean-Paul Maillot at (403) 278-6087
South Health hospital - Please contact Jean-Paul Maillot at (403) 278-6087
Peter Lougheed hospital – Please contact Elvin Dorscher at (403) 239-4850
Foothills hospital - Please contact David Stonehouse (403) 606-0412

**Thank-you to all visitors in all four hospitals for your visitations.
Keep up the good work!**

*Membership is open to
anyone interested in
cardiovascular disease*

BECOME A MEMBER

(or make a charitable donation)

New Member ___ Renewal ___

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society, Box 5242, Stn. A, Calgary, AB, T2H 2K6. Please register me as a member.

Please print:

Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____ - _____

Phone #: (____) _____ - _____

Email: _____

Signature: _____

www.hearttoheartalberta.com

Heart to Heart Chapters Established In Alberta Cities

To obtain more information or become a member, you may choose to contact the Regional Hospital or the Heart to Heart Contact Person in the particular city.

Drumheller:

President

Trevor Gough: (403) 820-1887

Not a heart to heart in your city?
Contact Elvin to help open a chapter.

- NOTICE -

On the Beat offers information regarding the treatment therapies and help that is available to readers. We welcome and encourage your comments and suggestions.

All medical and therapeutic information contained in this newsletter isn't necessarily to your particular condition.

Consequently, we caution all readers that the information and advice in this newsletter (or in any publication) should be acted or relied upon only after consultation with your physician and health care professional.

